


# Farmington Gymnasium Group Fitness Schedule Sep 1st-Oct 31st 2017

No evening classes Oct 31st

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15am</b>						
<b>6:15am</b>		Yoga Energize (Tiffany)	High Fitness (Michelle)	Yoga Energize (Tiffany)		
<b>7:00am</b>						Barre(Greg)
<b>7:15am</b>						
<b>8:00am</b>						Zumba(Greg)
<b>9:00am</b>	Zumba (Kathy)	Step (Nikke)	Dance Fitness (Kathy)	Zumba (Kathy)	High Fitness (Michelle)	
<b>10:00am</b>	Boot Camp (Emily)	Yoga (Tiffany)		Yoga (Tiffany)	Boot Camp (Emily)	Zumba (Nikke)
<b>11:00am</b>						Yoga (Nikke)
<b>5:30pm</b>						
<b>6:30pm</b>	Zumba (Greg)			Tone (Nikke)		
<b>7:00pm</b>			Yoga Restorative (Tiffany)			
<b>7:30pm</b>				Zumba (Nikke)		
<b>8:00pm</b>			Zumba (Greg)			
<b>9:00pm</b>			Barre (Greg)			



## Group Fitness Class Descriptions

### Boot Camp (Toning & HIIT)

HIIT interval training with the use of small handheld weights, bands, jump ropes, medicine balls, steps and other equipment. Be ready for an entire body workout. Tone and tighten those muscles.

### HIGH Fitness

HIGH Fitness is a fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines FUN with INTENSITY with CONSISTENCY. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

### Barre

A combination of postures inspired by ballet and other disciplines like yoga and Pilates. Balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements." Incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

### Yoga

Whether you are a beginner or have practiced yoga for years, this class is for you. Learn to become grounded and increase flexibility while bringing yourself back to center.

### Zumba

Low-intensity and high-intensity moves for an interval-style, calorie-burning Latin-flare dance fitness party. Combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.

### Pound Fitness

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

### Dance Fitness

Fun energetic dance classes with easy fitness moves to top radio hits. No previous dance experience needed!